



SKILL CARD

How to: ROAST BEETS

Step 1:

Preheat oven to 450 degrees F.

Step 2:

Scrub beets under running water.

Step 3:

Cut into bite sized pieces.

Step 4:

Place cut beets in a large bowl and toss with a splash of olive oil and salt and pepper.

Step 5:

Stir to combine.

Step 6:

Spread beets out evenly on a baking sheet, lined with tin foil or parchment paper if you have it.

Step 7:

Place in the oven and roast for 30-40 minutes, or until the ends start to brown.

